RINGKASAN

Vitamin A merupakan zat gizi yang mudah teroksidasi oleh pengaruh panas pada kelembaban udara yang tinggi. Oleh sebab itu cara dan lama pengolahan mempengaruhi kandungan vitamin A dalam bahan makanan.

Untuk mengetahui pengaruh tersebut maka telah dilakukan penelitian dengan obyek hati ayam dan hati kambing. Cara pengolahan dengan perebusan dan penggorengan dengan lama 3, 6, 9 dan 12 menit. Setelah dilakukan ekstraksi dengan kloroform terhadap hati mentah maupun yang dimasak, maka kadar vitamin A ditentukan dengan spektrofotometer uv-vis.

Dari penelitian diperoleh penurunan kadar vitamin A pada hati ayam yang direbus adalah 6.83% (t=3 menit), 15,21% (t=6 menit), 21,61% (t=9 menit),29,53% (t=12 menit), sedangkan untuk hati ayam yang digoreng penurunannya adalah 12,64% (t=3 menit), 22,54% (t=6 menit), 34,15% (t=9 menit), 44,99%(t=12 menit). Pada hati kambing yang direbus diperoleh penurunan kadar vitamin A sebesar 4,55% (t=3 menit), 8,87% (t=6 menit), 13,24% (t=9 menit), 18,05% (t=12 menit), sedangkan pada hati kambing yang digoreng diperoleh penurunan kadar vitamin A sebesar 11,15% (t=3 menit), 23,17%(t=6 menit), 33,14% (t=9 menit), 44,45% (t=12 menit).

Berdasarkan hasil penelitian disimpulkan bahwa pengolahan dengan direbus dan digoreng menurunkan kadar vitamin A pada hati ayam dan kambing. Penurunan vitamin A pada penggorengan lebih besar dari pada perebusan.

SUMMARY

Vitamin A is the nutrient which oxidized easily by influence of heating at high air humidity, therefore, the content of vitamin A in the food are influenced by method and time of treatment.

The research had been done to know this influence using chicken's liver and goat's liver as object. Methods of treatments are boiling and frying, for 3, 6, 9 and 12 minutes. After unripe and cooked liver were extracted by chloroform, then the content of vitamin A determined by uv-vis spectrophotometer.

Result of this research showed that the decreasing of content of vitamin A in the boiled chicken's liver were 6.83% (t=3 minutes), 15,21% (t=6 minutes), 21,61% (t=9 minutes), 29,53% (t=12 minutes), and decreasing of content of vitamin A in fried chicken's liver were 12,64% (t=3 minutes), 22,54% (t=6 minutes), 34,15% (t=9 minutes), 44,99% (t=12 minutes). Besides that in the boiled goat's liver, the contents of vitamin A decreased 4,55% (t=3 minutes), 8,87% (t=6 minutes), 13,24% (t=9 minutes), 18,05% (t=12 minutes), and the content of vitamin A in the fried chicken's liver decreased 11,15% (t=3 minutes), 23,17% (t=6 minutes), 33,14% (t=9 minutes), 44,45% (t=12 minutes).

The conclusion of this research is frying and boiling decreased content of vitamin A in chicken's liver and goat's liver. The decreasing of content of vitamin A in the fried liver more much than in the boiled liver.